



City of Newton, MA

INVEST IN YOURSELF

July 2012 Health and wellness newsletter for employees

DON'T LET THEM DRIVE YOU BATTY

BLOOD PRESSURE & HEALTH MAINTENANCE CLINIC

**CITY HALL
ROOM 10A,
10AM TO 11 AM
TUES., JULY 10
DROP IN**



SUMMER ZUMBA

**CITY HALL WAR
MEMORIAL
THURSDAYS 5:15
TO 6:15 PM**

**IT'S NOT TOO LATE
TO SIGN UP!
CLASS FEES CAN
BE PRO-RATED**

THE GROUP IS A MIX
OF FITNESS LEVELS
AND AGES.
EMPLOYEES ARE
WELCOME TO SIGN
UP WITH A FRIEND
OR RELATIVE. THE
MORE THE MERRIER!

**EMAIL WELLNESS@
NEWTONMA.GOV TO
SIGN UP OR CALL
617-796-1427.**

The warmer summer months occasionally bring bats into the living spaces of homes when they seek cooler air.

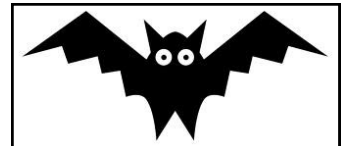
Because bats can carry rabies, it is important for bats to be tested if they come into contact with a human or a pet. Rabies is serious and important to prevent, but rabid bats are rare.

Contact is considered to be a bite, scratch or other physical contact. If contact occurred, wash the area with soap and water and seek medical attention.

Bats should also be tested if contact might have occurred with an unattended child, sleeping person, mentally impaired person or a pet.

The animal control officer may be able to assist Newton residents with capturing a bat. If he is not available, help can be found under pest control services in the phone

book or by searching online. If you don't live in Newton, check with your animal control officer or local health department.



If you choose to capture the bat yourself, or if you find it already dead, here are some tips:

- Don't touch the bat with bare hands, or damage its head during capture because the brain is needed for rabies testing.
- Place the bat in a sealed container and store it in the refrigerator.
- Contact the health department where you live to inquire about testing. Bats must be dead to be tested.

Rabies testing is conducted at the state lab, and results are typically available within 24 to 48 hours. If the bat tests positive, or is unable to be tested, preventive rabies shots are typically recommended. Your primary health care provider will help you determine what treatment is necessary.

To prevent bats in your home, seal holes, cap chimneys and ensure doors and windows are screened and not left open.

Questions? Call Animal Control at 617.796.2109 or the Health Department at 617.796.1420.

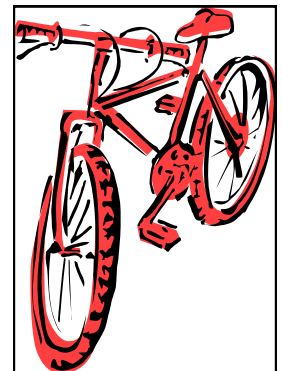
BIKES AVAILABLE FOR EMPLOYEE USE

Two bikes stored in the basement are available for use by City of Newton employees.

It's a great time of year to bike to lunch, head down to the Farmer's Market when it opens in July, or take care of nearby business via bike instead of car.

City policy requires completion of a brief safety course and waiver before using the bikes.

To learn more about checking out a bike, email Bike Manager Derek Valentine at dvalentine@newtonma.gov





City of Newton, MA

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July 2012



SAFETY TIPS FOR SUMMER FUN

BOATING

There's nothing like being outdoors, floating and boating with your family and friends. Here are some tips to stay safe during your summer boating excursions:

- Don't drink: Alcohol can impair judgment and decrease reaction time. It is dangerous and illegal to drink and boat!
- Take a course: 7 out of 10 boating accidents are caused by operator error. Keep your family & friends safe and learn before you boat!
- Wearing a lifejacket can dramatically decrease your risk of drowning while boating. Adults and children should wear life jackets, even if they already know how to swim.

FIREWORKS

Watching bright, beautiful colors light up the night sky is both fun and exciting on a warm summer evening. Taking the proper safety measures will add to a perfect evening with your loved ones.

- Leave it to the professionals! Consumer fireworks including sparklers are dangerous for children and can cause 3rd degree burns.
- Follow rules set by the fire department and stay an appropriate distance away during a display.
- After the firework display, children should never pick up fireworks that may be left over as they can often still be active.

NEWTON FARMER'S MARKETS OPEN THIS MONTH



Tuesdays 1:30-6:00 p.m.

Cold Spring Park

1200 Beacon Street, Opens July 3

Fridays 12:00-5:00 p.m.

American Legion Post 440

295 California St., Parking Lot

Opens July 6

There will be farm fresh fruits and vegetables, turkey, beef, fresh fish, cheese, eggs, olive oil, baked goods, jams, jellies, plants, and flowers. New this season at the Tuesday Market will be fresh mushrooms and ravioli.

LUNCH RECIPE: RAINBOW SANDWICH



The summertime harvest is rich with bright colored fruits and veggies. This healthy sandwich encompasses the vibrant flavors that make you want to have a picnic!

Ingredients:

2 slices whole wheat bread

1 slice of your favorite cheese

Red: tomatoes, red peppers, radishes

Orange: Shredded carrots

Yellow: Yellow bell peppers, hummus

Green: Spinach, lettuce, pesto, fresh herbs, cucumbers, avocado, sliced green apple

Purple: cabbage slaw

Directions:

Start with bread and cheese then layer on the rest

Serve with toasted chick peas with a dash of salt and pepper and you've got yourself a light meal of healthy hues!

www.chopchopmag.org